AMENDMENTS TO THE CLAIMS:

This listing of claims will replace all prior versions, and listings, of claims in the application:

LISTING OF CLAIMS:

(currently amended) Vibration and displacement damper, comprising a plunger piston (10) sliding inside a guiding cylinder (20) in a longitudinal direction (30), the plunger piston comprising, over a part of its a length of said plunger piston, a piston ring (12) sliding with a slight clearance inside a main chamber (13) provided in said cylinder, said ring comprising calibrated through-orifices (14) for a high-viscosity fluid, such that the variations in ambient temperature have little effect on damping efficiency, the fluid filling said chamber on both sides of said ring, said cylinder comprising, on either side of said main chamber (13) in the longitudinal direction, two secondary chambers (15, 16) that the plunger pistons enters, said secondary chambers being filled, at least in part, by said high-viscosity fluid and comprising means for limiting the leakage of fluid from the main chamber toward the secondary chambers, and for facilitating it the leakage of fluid from at least one of the secondary chambers toward the main chamber,

wherein said fluid has a viscosity greater than 500cSt,

wherein the damper comprises a conduit (27) provided in the piston and opening (28, 29) into each of the secondary chambers (15, 16),

wherein the damper further comprises at least one through-path (17, 18) provided in the cylinder in which is inserted means (19, 21) for limiting the passage of fluid from said main chamber toward the secondary chambers, and

wherein one of the secondary chambers contains an air volume (31) and is connected (27, 28, 29; 33) to the other secondary chamber, such that the high viscosity fluid may circulate freely between the two secondary chambers.

2. (previously presented) Damper according to claim 1, wherein the damper further comprises means (27, 28, 29; 33) for maintaining the two chambers at substantially the same pressure.

3-5. (cancelled)

6. (previously presented) Damper according to claim 1, wherein said plunger piston (10) is made from chromium-plated steel, treated in order to harden it at the surface, and is guided into said cylinder (20) on bronze bearings.

7. (canceled)

- 8. (previously presented) Damper according to claim 1, wherein said fluid has a viscosity of between several thousand and several million centistokes.
- 9. (currently amended) Assembly comprising a damper according to claim 1, a vibration-damping cable and a structure to which the cable is attached, wherein the aforementioned plunger piston and the cylinder are respectively connected, on the one hand, to the cable and, on the other hand, to the structure to which the cable is attached.
- 10. (previously presented) The damper according to claim 1, wherein the longitudinal direction (30) of the damper extends substantially vertically and the plunger piston (10) passes through a bore (32) made in the cylinder (20) and having a first end (32a) that is open to the exterior and a second end (32b) open to one (16) of the secondary chambers, said secondary chamber (16) is connected to the other secondary chamber (15) and contains a volume (31) that is filled with air, in which said second end (32b) is entirely enclosed.

11-14. (cancelled)

15. (previously presented) Damper according to claim 2, wherein said plunger piston (10) is made from chromium-plated

steel, treated in order to harden it at the surface, and is guided into said cylinder (20) on bronze bearings.

16-20. (cancelled)

- 21. (new) A damper according to claim 1, wherein, said means (19, 21) for limiting the passage of fluid from said main chamber toward said secondary chambers are inserted to limit leakage from said main chamber (13) toward said secondary chambers (15, 16) and to facilitate leakage from said secondary chambers toward said main chamber.
- 22. (new) A damper according to claim 21, wherein, said means (19, 21) for limiting the passage of fluid from said main chamber to said secondary chambers are non-return valves.
- 23. (new) A damper according to claim 1, wherein, said damper absorbs stresses up to $1000\ kN$.